1] Cycle of Creation

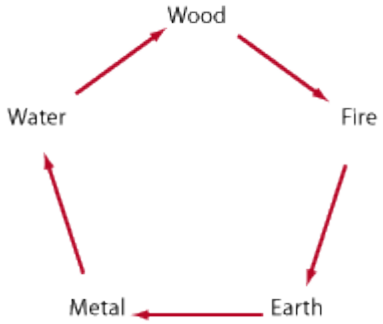
(The Generating, Inter-promoting or Enhancing Cycle)

The Generating Cycle: one element (serving as parent) enriches, nourishes, strengthens and promotes growth and development of the following element (serving as child).

Generating: Wood feeds Fire - Fire creates Earth (ash) - Earth bears Metal - Metal (trace elements) collects, enrich Water - Water nourishes Wood

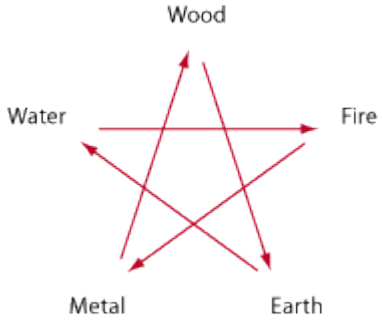
Interpretation: (supporting, helping)

- Wood is the supporting element of Fire. Fire can release the power of Wood.
- Fire is the supporting element of Earth. Earth can release the power of Fire.
- Earth is the supporting element of Metal. Metal can release the power of Earth.
- Metal is the supporting element of Water. Water can release the power of Metal.
- Water is the supporting element of Wood. Wood can release the power of Water.



2] The Controlling , Destructing or Inter-restraining and the Weakening Cycle

The controling (destructing) cycle



Grandparent - Grandchild relationship: **the controlling cycle provides for a check and balance system among all of the elements.**

The controlling or destructing cycle: one element suppresses controls, dominates, overcomes and weakens another element, preventing it from establishing its power.

Interpretation:

Wood can break (tear off) the ground (Earth).

Earth can soak up Water, blocking its flow.

Water can control Fire.

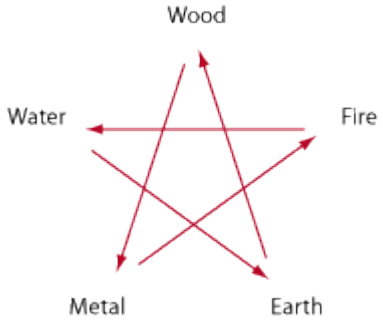
Fire can melt Metal.
Metal can chop Wood.

3] The overacting cycle

The overacting (overwhelming) cycle is an imbalance within the cycle, while following the direction. The grandparent element provides too much control over the grandchild and weakens the element. Each element excessively restrains another beyond the normal extend. This usually occurs when an element is in excess:

- too much Wood overacts Fire
- too much Fire overacts Earth
- too much Earth overacts Metal
- too much Metal overacts Water
- too much Water overacts Wood

4] The weakening (insulting) cycle



The weakening (insulting) cycle: Grandchild insults or returns the controlling force generated by the Grandparent.
The weakening cycle is an imbalance within the controlling cycle where that, what is destroyed, injures the destroyer. The imbalance follows along the opposite route; *each element can insult the one that normally restrains it*. The reverse of the cycle normally occurs when the balance is broken, especially when one element is insufficient.

Interpretation:

Weakening cycle: Earth can bury Wood. Water washes away Earth. Fire evaporates Water.

- too much Wood insults Metal
- too much Metal insults Fire
- too much Fire insults Water
- too much Water insults Earth
- too much Earth insults Wood

5] Cycle of Balance

Interrelation of the cycles

The system/ body/ universe in balance, Cycle of Creation & Cycle of Balance ensure that each element is connected with the other four elements.

Wood restrains Earth, but at the same time, the Earth promotes Metal, which than restrains the Wood. In this instance, Metal makes sure, that Wood does not restrain Earth too excessively.

The Controlling- Weakening cycle represents a conflicting (fighting) aspect.
- Wood can break the ground (Earth), but Earth can bury Wood, too.
- Earth can absorb Water, but Water can cover the land (Earth).
- Water can extinguish Fire, but Fire might evaporate Water.
- Fire can melt Metal, but Metal might not melt before Fire is extinguished.
- Metal can cut Wood, but Metal might become dull before breaking Wood.

If any of the elements are over abundant, they can disrupt the balance of the circle.